

November 29, 2013

# The Family Flyer

Supporting Military Families  
Cape Cod—Southeastern Massachusetts—SE New England



## FREE Children's Christmas Party

on  
SUN 15 DEC  
@  
Hyannis Elks

Includes a gift from  
Santa and  
complimentary  
lunch!

Register today!!!

**Deadline to Register:**  
**SUN 01 DEC**

### TO OUR U.S. VETERANS & ACTIVE DUTY MILITARY PERSONNEL

**THE HYANNIS ELKS**

CORDIALLY INVITE  
YOU AND YOUR CHILD(REN)  
TO OUR ANNUAL

### CHILDREN'S CHRISTMAS PARTY!

EACH CHILD WILL RECEIVE A FREE GIFT FROM SANTA!  
COMPLIMENTARY LUNCH PROVIDED

**SUNDAY  
DECEMBER 15TH,  
2013  
12-3 PM**



**HYANNIS ELKS  
LODGE  
852 BEARSES  
WAY  
HYANNIS MA**

REGISTRATION REQUIRED: PLEASE EMAIL [hyanniselksactivities@hotmail.com](mailto:hyanniselksactivities@hotmail.com) OR  
CALL 508-775-8103.

PLEASE PROVIDE THE FOLLOWING INFORMATION:

FIRST & LAST NAME OF CHILD: \_\_\_\_\_

AGE & SEX OF CHILD: \_\_\_\_\_

Phone registrations please be sure to spell out each child's name for our Elves!

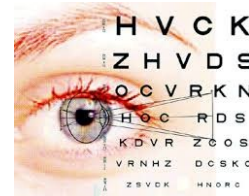
**REGISTRATION DEADLINE DECEMBER 1, 2013**

**SPACE IS LIMITED—REGISTER TODAY!**



## Federal Employee Open Season Closes 09 DEC 13

The Federal Benefits Open Season is open & [here is a checklist](#) to make enrolling and changing your FEDVIP plan(s) simple and easy. Important FEDVIP Open Season updates:



There are more FEDVIP plan choices than ever this year. With 10 dental and 4 vision FEDVIP plans, you're certain to find one that's right for you.

- A redesigned BENEFEDS.com to make researching, enrolling, and changing your FEDVIP plan(s) even easier. New BENEFEDS Mobile, providing you secure account access and the ability to compare FEDVIP plans while on the go.



- You do not have to do anything if you prefer to keep your current enrollment as it was for 2013.

- If you are currently enrolled in a FEDVIP dental plan, research your 2014 plan to determine whether your FEDVIP dental rating region, and therefore your premium, is changing in 2014. (A rating region is a group of zip codes that corresponds to a particular rate charged by a dental plan. Vision plans have the same premium nationwide.)



Remember, the 2013 Federal Benefits Open Season (for the 2014 plan year) runs through Monday, December 9, 2013. During this time, you can make qualified changes to your Federal Employees Dental and Vision Insurance Plan (FEDVIP) by visiting [BENEFEDS.com](#).

For questions, please visit the new Education and Support section at [BENEFEDS.com](#). If you have specific questions about your enrollment, please email [Service@BENEFEDS.com](mailto:Service@BENEFEDS.com).



### Send Care Packages Overseas –or- Help Recovering Wounded Warriors

Last weekend volunteers for Cape Cod Cares for Our Troops helped pack 1560 Christmas Care Packages to our deployed men and women.



If you didn't get a chance to volunteer but want to help:

1. Sponsor a Care Package: CCC4OT is \$4600 short on the shipping charges for the care packages. Using PayPal through [their website](#) you can sponsor a box to go overseas! A \$15 will cover the cost of one care package.

2. CCC4TT has adopted 38 families at Fort Belvoir's Wounded Warrior Transition Unit. CCC4OT will be leaving next week to provide winter clothing and Christmas gifts to families from all over the country who are recovering from the injuries at Fort Belvoir. CCC4TT will also be hosting a Christmas Party for these Wounded Warrior families on Saturday December 7th.

If you would like to purchase a toy or clothing for one of these families contact Michelle [by email](#) or call 508–896–6424.



# **MILITARY FAMILY MONTH NOVEMBER 2013**

**In celebration of Month of the Military  
Family we invite you to share your  
Military Family with us!**

- Email or mail us a picture of your Military Family
- We'll share it proudly on our Facebook page
- Each day we'll choose a Military Family to grace our Facebook Page's Cover Photo for the entire day!
- Each participating family will receive a certificate of thanks



**Share your pride!**

Copies of pictures may be sent to: [MANGFamily@aol.com](mailto:MANGFamily@aol.com) or mailed to Family Programs, 14 Minuteman Ln., Wellesley, MA 02481.

The MA National Guard Family Program Office reserves the right to withhold from posting any material deemed inappropriate.

There is no better way in today's society to spotlight our Service Members and Families than with photos. Please join with the State Family Program Office in recognizing our Guard Families. We are requesting pictures of Guard Members with their Families to include: Service Member/Spouse/Children/Parents/ Significant Others/Extended Families. Pictures will be displayed on the [Family Program Facebook](#). Please join us in recognizing your Military Family!



## Breakfast with Santa



## What's Happening on Joint Base Cape Cod



### Breakfast with Santa

07 DEC from 8:30 a.m.—12noon @ ASCC Hangar, 3172 Burge Blvd

Pictures with Santa, Games, Crafts and Breakfast! Open to all Air Station Coast Guard Personnel, JBCC USCG Commands, and those living in base housing  
For more info contact: LTJG Wil Sirokman, Morale Officer at 508-968-6399

### Child Development Center's Pajama Drive

The CDC is participating in the Scholastic Reading Club's "Great Bedtime Story Pajama Drive" which provides new pajamas and books to children in need—especially those living in group homes, shelters, foster care and orphanages.

Guidelines: Must be brand-new ; All sizes are needed—newborn to adult; Must be in complete sets or nightgowns; PJs in children's sizes must be manufactured as pajamas to ensure that they are flame-retardant and safe. Drive ends: THU 12 DEC. Questions call the CDC at 508-968-6450



### Eagle's Nest Annual Holiday Party

SAT 07 DEC at 5 p.m. Appetizers will be served, Mike "MC" Carter will be DJ and there will be raffles!

### Boston Bruins Bus Trip vs LA Kings

MON 20 JAN

Come join the fun- watch the Boston Bruins at the TD Garden in our very own Promenade Suite!

Snack on a limited amount of pizza, chicken tenders, popcorn, soda and water. Adult beverages can be purchased on your own at the concession stand located outside of suite. Each ticket holder will receive one complimentary Boston Bruins baseball cap.



Depart from the JBCC at 10:45 a.m. Gate time 1:00 p.m. Estimated Return: 6:00 p.m. Tickets are \$160 /pp. Tickets are for sale immediately to all MWR patrons. First Come, First Served.

For more info call Pete, ITT/Gear Issues at 508 -968- 6447.

### Annual Tree Lighting

FRI 06 DEC @ 6 PM in front of the Roxy Theater.

Hot cocoa, Candy Canes, Carols and as always FREE Movies.

A special showing of Polar Express to follow. Rated PG.



### FREE Movies !!!!!!!!!!!!!

To find out what's playing



# Roxy Theater

Movie Line: 508-968-6452  
[www.mwrcapcod.com](http://www.mwrcapcod.com)



## VA Offers Dental Insurance Program

VA is partnering with Delta Dental and MetLife to allow eligible Veterans, plus family members receiving care under the Civilian Health and Medical Program (CHAMPVA), to purchase affordable dental insurance beginning 15 NOV 13.

Veterans who are enrolled in VA health care can choose to purchase one of the offered dental plans. This three-year pilot has been designed for Veterans with no dental coverage, or those eligible for VA dental care who would like to purchase additional coverage.

There are no eligibility limitations based on service-connected disability rating or enrollment priority assignment. People interested in participating may complete an application online through either [Delta Dental](#), or [MetLife](#). Coverage for this new dental insurance will begin 01JAN 14.

Also eligible are spouses and dependent children who are reimbursed for most medical expenses under VA's CHAMPVA program. Dental services under the new program vary by plan and include diagnostic, preventive, surgical, emergency and endodontic/restorative treatment. Enrollment in the VA Dental Insurance Plan (VADIP) is voluntary. Participants are responsible for all premiums, which range from \$8.65 to \$52.90 per month for individual plans. Copayments and other charges may apply.

For more visit the [VA online](#), or Delta Dental at 855-370-3303 or MetLife at 888-310-1681.

Veterans who are not enrolled in the VA health care system can apply at any time [online](#), by calling 877-222-8387 or visiting their local VA health care facility.



## TSA Pre-Check Changes for Service Members



As the holidays are fast approaching, many service members and their families will be traveling. **Beginning Dec 20, 2013**, Transportation Security Administration and Department of Defense has announced a partnership to expand TSA Precheck expedited screening benefits to all members of the US Armed Forces, including those who are serving in the US Coast Guard, National Guardsmen and Reservist. This will also include Wounded Warriors (as well as the caregivers for Wounded Warriors). This partnership expands the current TSA Precheck lanes to all 100 airports offering TSA Precheck.



Department of Defense and Transportation Security Administration Partner to Provide Military TSA Precheck at 100 Airports. Find out more [HERE](#).

## FREE Photo Book for Deployed Service Members!

Families of Deployed Service Members - Now friends and family can create a 20-page personal photo book and ship it to any APO, FPO, or MPO address for free. These full-color, 5x7 softcover books fit perfectly in a soldier's cargo pocket, yet hold over 60 photos. RocketLife prints the books for free, and the USO pays for shipping. For more details or to begin creating a photo book for your Service Member, [click here](#).

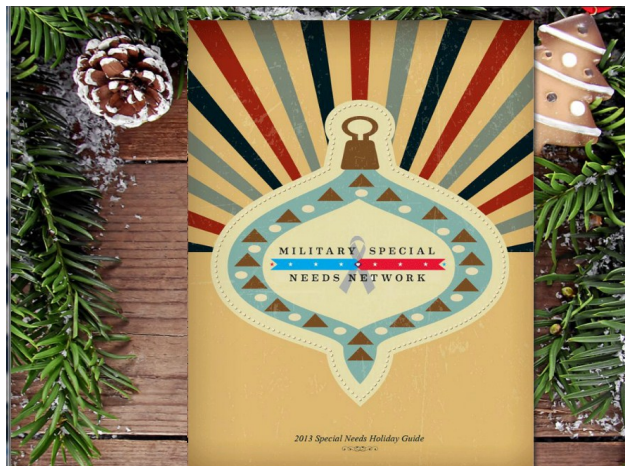


## 2013 Military Special Needs Holiday Guide

Military Special Needs Network is a peer-to-peer organization founded to provide emotional and family support for military families around the globe, regardless of medical, educational, or behavioral diagnosis.

Recognizing the additional demands of the Holidays can bring, MSNN has brought you their 1st Holiday Guide. Full of helpful articles, supportive advice, and wonderful tips on surviving and thriving during the upcoming season.

[View this Holiday Guide online here!](#)



## Coming Up at Hanscom Airman & Family Readiness Center

### Federal Resume Writing and USAJOBS

**THU 05 DEC 12:30—4:00**

Join in a workshop for Federal Resume Writing and USA Jobs and learn how to:

- Put your resume into a format suitable for electronic resume builders
- Use a Vacancy Announcement to your advantage
- Find essential skills and keywords to make your resume a winner
- Write accomplishment statements that grab attention and get interviews
- Gain an edge on the competition



Improve the odds of getting the federal job you want by learning federal resume writing skills, all of the above and more. Learn about free tools and services, how to find job openings, and identify key parts of a Vacancy Announcement during a USAJOBS website walk-thru, including the Application Manager. Taught by a former HR Staffing Specialist and member of the Professional Association of Resume Writers and Career Coaches.

### Effective Job Search Strategies Workshop

**MON 09 DEC 11:00—1:00**

Feel free to bring your lunch!

Learn how to identify your skills, use networking to increase employment options, & how to research industries to find job opportunities.

Taught by Bob Dolan, Certified Job Search & Career Transition Consultant.

To register please call 781-225-2765 or email [66.fss.fsfr.cmb@hanscom.af.mil](mailto:66.fss.fsfr.cmb@hanscom.af.mil).

*A&FRC programs are available free of charge to military personnel, DoD civilians, retired military and family members.*





## Free Toys for Military Kids 2014



Again this year Operation Homefront and the Dollar Tree stores have teamed up to collect free toys to military children. Dollar Tree store locations have collection bins for appreciative customers to say THANK YOU to our country's military children. Units will be receiving the toys for distribution in December.

Be on the look out for when your unit will be sharing the Christmas love!

The 102IW Toy Giveaway will be held on SUN 08 DEC in BLDG 158, on the hangar floor. Please note for the 102IW, this IS NOT a children's event. We will be holding the Children's Christmas Party on SAT 14 DEC.

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### Officials Announce Deadlines for Holiday Mail Delivery

Military Postal Service Agency (MPSA) officials recommend that parcel post packages for service members overseas be mailed by Nov. 12 for delivery by the holidays.



A chart [online](#) that shows deadlines for various mailing options, broken down by the APO/FPO/DPO numbers of various destinations.

USPS is offering a discount on its largest Priority Mail Flat Rate box at \$14.85. The price includes a \$2 per box discount for military mail being sent to APO/FPO/DPO destinations worldwide. Priority Mail Flat Rate boxes are available free at local post offices, or can be ordered from USPS online. Postage, labels and customs forms also are available online.

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### Beehive Food Program for Military Families

Are you a Cape Cod connected military family who could benefit from free food? Maybe you struggle to make ends meet but make too much to take advantage of other food assistance programs?

This program is designed to ease the financial challenges of families. Open to: military families of all branches, with children AND who's unit or home is on Cape Cod.



A Project of the Masonic Angel Foundation

#### HOW IT WORKS:

Participants pick up a food package each month for year, allowing other bills to be paid.

For full details [email](#) or call Erin 508-968-4855.



Below is a link to a very nice story Cape Cod Today ran about the expansion of the Beehive Food Program to serve families at Joint Base Cape Cod.

<http://www.capecodtoday.com/article/2013/11/11/22631-masons-beehive-buzzes-otis-time-veterans-day>

## Winter Adventure Overnight Camps for Teens with Disabilities in Military Families

JAN 3—6 for physical disabilities

JAN 11—13 for developmental & cognitive disabilities

Activities include: alpine skiing, dog sledding, ice skating, a winter camp-fire, snow tubing & more!

All activities are facilitated by trained staff & volunteers and are appropriate for teens with disabilities.

All lodging & facilities are wheelchair accessible.

ALL INCLUSIVE: A \$20 registration fee includes lift tickets, lessons, equipment rental, and food/lodging.

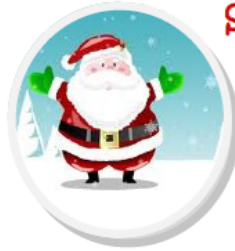
There are NO additional fees.

All abilities are welcome & encouraged to inquire!

For more information and to register [online](#) or contact [Charlotte Cross](#) at 603-862-2495.



## 102nd Intelligence Wing Children's Christmas Party



**Saturday, December 14, 2013**

**12:00—3:00 p.m.**

**@ Dining Facility**

**Otis ANG Base**



Parents will need to drop off a wrapped gift for each of their children with the child's name on it. (Please try to keep it around \$10) to Erin Creighton in building 158, Room 262 by December 10<sup>th</sup>

**Please sign up your children by December 10<sup>th</sup>**

**with Erin Creighton**

**508-968-4855 or [erin.creighton@ang.af.mil](mailto:erin.creighton@ang.af.mil)**



## Cape & Islands American Red Cross Heroes Nominations NOW OPEN

**Nomination Deadline—Dec. 28, 2013**

Do you know a person who has performed an extraordinary act of courage to save someone's life or helped in the rescue of someone in need? Or maybe you know someone who commits hours to a special cause? The American Red Cross would like to honor and celebrate these individuals. For more information call (508) 775-1540 x 19 or visit : [www.redcross.org/CapeCodandIslands](http://www.redcross.org/CapeCodandIslands).



## Free GNC Savings Card and Shaker Cup for Military and Veterans

**Ends 02 DEC**



Currently GNC is giving out a free Savings card (Gold Card that normally costs \$15.00) and shaker cup for military member and veterans until 2 Dec 2013. Offer is open to US Active Duty, Veterans, Guard & Reserve. [Learn more online.](#)



## Students Can Submit a Story About Managing Finances and Win

The University of Arizona is hosting [The Good, The Bad, The Ugly](#) contest, for students 12 and older. Students must submit a story about managing finances and the lessons that they learned from the experience. The deadline is November 27, so if they wish to enter, they need to get writing! Submissions can be made online. For more details, see the [contest rules](#).



**INVITE YOUR FAMILY AND FRIENDS!**

# OTIS AIR NATIONAL GUARD

**NIGHTS WITH THE PROVIDENCE BRUINS**



VS.



**P-BRUINS VS. PORTLAND PIRATES**

**FRI, DEC. 13**

**7:05 AT THE DUNK**

**FREE CINCH SACK FOR THE FIRST  
2,000 FANS IN ATTENDANCE!**



VS.



**P-BRUINS VS. SPRINGFIELD FALCONS**

**FRI, DEC. 20**

**7:05 AT THE DUNK**

**FREE KEY CHAIN FOR THE FIRST  
2,000 FANS IN ATTENDANCE!**



## TICKETS ONLY \$17

**SAVINGS OF UP TO 50% PER TICKET**

**TO ORDER CONTACT**

**RICK BOURASSA AT**

**508.968.7732 OR RICHARD.BOURASSA@ANG.AF.MIL**

**DEADLINE TO PURCHASE IS DECEMBER 4, 2013**

## JBCC Angel Tree Program 2013

This program run by the USCG Chaplain's Office is designed to assist those families in need. All nomination forms are due to Karl Armstrong office NLT than Monday December 2nd, 2013.

For those interested in sponsoring a child or a family, that information will be available beginning on December 3rd. Thanks to your generosity last year we provided gifts for 75 kids. Q: call Karl at 508-968-6341

### Holiday Angel Tree Program

If your family or one you know of could use some assistance this year, please fill out the form below and return it to Mr. Armstrong (Bldg. #5215, East Hospital Road) **by December 2<sup>nd</sup>**. For additional information, please call Mr. Armstrong at 508-968-6341. Gifts for Angels may be picked up at the Chapel Support Building (bldg#1015) on Friday December 20th, from 8:30 a.m. to 11:30 a.m.

**ALL INFORMATION RECEIVED WILL REMAIN CONFIDENTIAL!!**

Family Name/Contact Person:

Branch of Service:

Phone Number(s): [Please include both home and work number]

Total Number of Children in Family:

Child's Name:	Sex: M / F	Age:	Size:	Wants/Likes: (1)
				(2)
				(3)

Child's Name:	Sex: M / F	Age:	Size:	Wants/Likes: (1)
				(2)
				(3)

Child's Name:	Sex: M / F	Age:	Size:	Wants/Likes: (1)
				(2)
				(3)

Child's Name:	Sex: M / F	Age:	Size:	Wants/Likes: (1)
				(2)
				(3)

Enclose extra names of children if applicable

**Massachusetts National Guard  
Airman & Family Readiness Program  
Joint Base Cape Cod, MA**



Erin Creighton  
Program Manager  
102IW/ A&FRPO  
156 Reilly St Box 70  
Otis ANG Base, MA 02542  
Phone: 508- 968- 4855  
Fax: 508- 968- 4846  
[erin.creighton@ang.af.mil](mailto:erin.creighton@ang.af.mil)

Requests to be added or removed from this distribution list may be sent directly to [Erin](mailto:erin.creighton@ang.af.mil).

**Employer Support Freedom  
Award for 2014 - Nominations  
Open!**

Employer Support of the Guard and Reserve (ESGR), is now accepting nominations for the 2014 Secretary of Defense Employer Support Freedom Award. The Freedom Award is the Department of Defense's HIGHEST HONOR civilian employers for exceptional support of their National Guard and Reserve employees. [Nominate your employer](#) by 20 JAN 14.



**Roth TSP for Reserve/Guard**

Beginning October 1, 2013, members of the reserve forces of the Army, Navy, Air Force and the National Guard can add the Roth TSP option to their investment plans.

The Roth TSP option uses **after-tax** pay and bonuses to start and maintain contributions. Information on this and traditional TSP can be found online at [www.tsp.gov](http://www.tsp.gov). You may also find information from your command or installation personal financial counselors, or your finance office.

**Boston & Park University Spring 2014 Schedules @ Hanscom AFB**



**Graduate Degree &  
Certification Programs**

**Registration: 01 DEC—22 JAN**

Active Duty Military, Guard, Reserve, Dependents, DoD Employees, and Contractors are eligible!

- Masters of Science in Leadership (MSL),
- Master of Science in Computer Information Systems (MSCIS),
- Master of Science in Computer Science (MSCS)
- Graduate Certificate in Project Management (GCPM)

For more information contact Gerald Keegan, Faculty and Academic Program Director at [gkeegan@bu.edu](mailto:gkeegan@bu.edu)

**Registration begins 09 DEC**

MON/WED 5:30—8:30P

First year Writing Seminar I

Management & Organizational Behavior

TUE/THU 5:30—8:30P

Principles of Accounting I

Introduction to Sociology

Bachelor's & Master's Degree classes and CCAF required classes also offered ONLINE every term.

For more information email [HANS@park.edu](mailto:HANS@park.edu) or visit [www.park.edu/hans](http://www.park.edu/hans)

